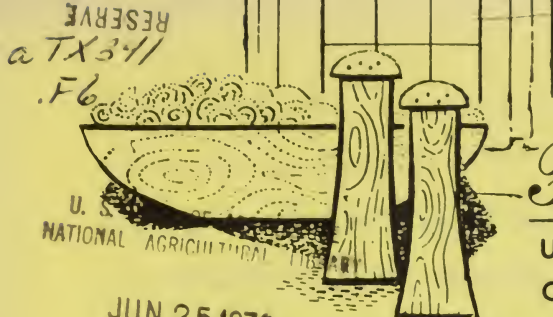


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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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CATALOGING - PREP.



SUBJECTS — In This Issue

- 1 -- Foods Kids Like
- 2 -- Food Safety - If Power Fails
- 3 --
- 4 -- Celery

"New" potatoes are best when boiled. They are generally harvested before the skins have "set" and because of immaturity may be "skinned" or "feathered" during handling.

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A boiled, pressure-cooked or baked medium sized potato provides only about 100 calories (approximately the same amount as a large apple or banana) and has no more carbohydrate value than these fruits. It's the fats, gravies, and sauces that increase the calories.

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If you're buying potatoes, look for the rounder ones because the irregular, knob shaped growths are considered defects. They are likely to cause quite a bit of waste according to U. S. Department of Agriculture home economists.

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When the flesh in some red-skinned potatoes is red, it's because they are probably artificially colored. Some packers believe the coloring makes the potatoes more attractive to consumers. If you find that the color has penetrated the flesh and causes excessive waste, return the potatoes to your grocer.

FEEDING CHILDREN

—What They Like.

Food acceptability is an important feature of child feeding programs—children don't like it, they won't eat it! Unlike the home environment where Mother sometimes hangs over the youngsters with an "eat it—you'll like it," or, "it's good for you" routine, the school or recreational projects must take into account what the children actually do like to eat, and what is nutritionally acceptable.

The Cincinnati School Food Service with the Food and Nutrition Service of the U.S. Department of Agriculture recently collected data on food acceptability, and yes, even plate waste.

What kids really like are hamburgers, cheeseburgers, fish sandwiches and frankfurters. Then, cold ham, ham with cheese, turkey, bologna, and the frozen engineered tuna, chicken, and ham salad. Spiced luncheon meats, dutch loaf and pickle loaf were less popular in the evaluation. Peanut butter sandwiches seemed quite unsatisfactory to the children. Canned apricots, apple sauce, pineapple, fruit cocktail, peaches, and pears, were well-accepted, but vegetables and salads were most rejected.

FOOD SAFETY

—If Your Power Fails

Spring months usually bring showers and flowers—also hurricanes, floods, and tornados—in many parts of the country. And often one of the results of heavy winds and rain is a loss of power which means that families are frequently left without refrigerators or freezers for long periods of time.

For a family with a full refrigerator-freezer of food, and perhaps a separate storage freezer of food, the danger of power failure is that the food may spoil. Handling all this rapidly-thawing food is a problem. Replacing it is a financial blow to the budget.

What can you do if your freezer stops running because of a power failure or mechanical problem? First, keep the freezer closed to keep food as cold as possible for as long as possible. How long food in your freezer will stay frozen depends on:

The amount of food in the freezer. (A full freezer will stay cold many hours longer than a freezer only a quarter full.)

The kind of food. (A freezer full of meat will not warm up as fast as a freezer full of baked food.)

The temperature of the food. (The colder the food, the longer it will stay frozen.)

The freezer itself. (A well-insulated freezer will keep food frozen much longer than one with little insulation.)

Another alternative is moving frozen food to a locker plant. Arrangements must be made in advance so that when an emergency situation arises, you've already made preliminary contacts.

If you can get dry ice, this is another alternative to keep foods frozen. Directions for using dry ice in freezers, along with other tips on what to do

-2-

when freezers stop, are available in the newly revised USDA leaflet 321, "What To Do When Your Home Freezer Stops." Single copies are available free from the Editor of Food and Home Notes.

"Homemakers whose freezers are turned off for some reason have to be concerned with food safety," says Dr. Evelyn Spindler, nutrition specialist with the Extension Service, educational arm of the U.S. Department of Agriculture. "You may safely refreeze most foods that have thawed if they still contain ice crystals or if they are still cold—about 40°F—and have been held at this temperature no longer than one or two days after thawing."

Dr. Spindler urges homemakers to be especially careful in refreezing thawed vegetables, shellfish, and cooked foods. "You can't always tell if these foods have started to spoil," she says. "It's best not to refreeze any of these foods when they have thawed completely."

Extra care is recommended in the preparation, packaging, and freezing of food for storage. Food prepared and frozen under sanitary conditions is more apt to stand up well during a freezer failure. Sanitary preparation means fewer bacteria to cause spoilage.

And—remember, do not refreeze ice cream once it has melted.

What To Do When Your HOME FREEZER STOPS

NATIONAL FARM SAFETY WEEK

- - - July 25 - 31, 1973

Falls hurt. . .Be alert. . .at work, at home and at play.

EVERYTHING BUT THE CRUNCH!

The thrifty cook knows that you can get a lot of mileage from celery—you can use all of this vegetable but the crunch!

Crisp, fresh celery is popular as a garnish, with dips, stuffed, or served in soups and salads. It is not just the stalk that can be used. Celery leaves or tops are good for flavoring, particularly in soups and salads.

Celery is usually sold in bunches or stalks which are actually a single plant. Sometimes "hearts of celery" are sold separately. Hearts are the tender center part of the plant.

But—how do you judge good quality celery? Many people really don't know. Look for freshness is one important tip according to the U. S. Department of Agriculture—stalks should be solid or rigid and have a glossy surface. Leaflets should look fresh.

The stalks should be of good color, a light to medium green. Leaflets should be predominately green.

Poor quality celery looks wilted and has flabby upper branches or leaf stems. The outer branches may be scarred or bruised.

Avoid celery with spongy or hollow branches or with soft mushy spots—these indicate decay. Also avoid celery with brown or black discoloration of the small center branches or with a long seedstem in place of the usually small, tender heart branches.

After buying celery, keep it cold and moist. Slightly wilted celery can be freshened by placing the freshly trimmed butt end in water. Badly wilted celery that has lost its crunch will never ever become really fresh again, sorry.

COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A,
Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250
Or telephone (202) 447-5898.